



FIG. 1

## DIETARY SUPPLEMENT PROFILE

Name: John Consumer

Age: 60 DOB: 11/06/39 Sex: M

Weight: 200 lbs

Height: 5'11"

Date:

The following daily dietary supplements are recommended:

Vitamin A (retinyl acetate)	12,500 IU
Beta-Carotene	10,000 IU
Vitamin B <sub>1</sub> (thiamine)	30 mg.
Vitamin B <sub>2</sub> (riboflavin)	30 mg
Vitamin B <sub>3</sub> (niacinamide)	90 mg.
Vitamin B <sub>5</sub> (pantothenic acid)	20 mg.
Vitamin B <sub>6</sub> (pyridoxal-5-phosphate)	30 mg.
Vitamin B <sub>12</sub> (cyanocobalamine)	200 mcg.
Biotin (d-biotin)	300 mcg.
Choline (choline bitartrate)	20 mg.
Folic acid	800 mcg.
Vitamin C (ascorbic acid)	300 mg
Vitamin D (cholecalciferol)	100 IU
Vitamin E (d- $\alpha$ -tocopherol)	200 IU
Vitamin K (phytonadione)	60 mcg.
Boron (boron aspartate)	3 mg.
Calcium (calcium citrate)	400 mg.
Chromium (chromium aspartate)	20 mcg.
Copper (copper aspartate)	250 mcg.
Iodine (kelp)	150 mcg.
Iron	-0-
Magnesium (magnesium citrate)	300 mg.
Manganese (manganese citrate)	15 mg.
Molybdenum (molybdenum chelate)	45 mcg.
Potassium (potassium citrate)	90 mg.
Selenium (l-selenomethionine)	150 mcg.
Vanadium (vanadium chelate)	50 mcg.
Zinc (zinc citrate)	30 mg.

FIG. 2